



# Physical Activity Resources

## PEDOMETER ACTIVITY

Name \_\_\_\_\_

\*The Utah Department of Health recommends that you walk 10,000 steps/day.  
Approximately 2,000 steps = 1 mile.

Wear your pedometer for 5 days. Record your daily steps.

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_\_ Day 3 \_\_\_\_\_ Day 4 \_\_\_\_\_ Day 5 \_\_\_\_\_

Find the range, median, mode, and mean or average for your steps taken on the 5 days above.

Range: \_\_\_\_\_ Median: \_\_\_\_\_ Mode: \_\_\_\_\_  
Mean: \_\_\_\_\_

Draw a bar graph to display your daily steps. Remember to include a title, use the correct scale, and to label the horizontal and vertical axes.

Draw a line graph to display the same information. Remember to include a title and to label the horizontal and vertical axes.